

# VITAL SIGNS

VOL II No. 12

Naval Regional Medical Center, Orlando, Florida

1 September 1980

## Happiness is . . . Retirement!

**LCDR E. Manley, Jr., MSC**

**and**

**Bradley P. Caswell**



**Sideboy honors**

**U. S. Navy Photo**

The Retirement Ceremony for LCDR Edward E. Manley, Jr., MSC, USN, Chief, Food Management Service, was held on Friday, 15 August. The wide-spread reputation for superb dining enjoyed by our facility, was the direct result of LCDR Manley's outstanding performance and dedication. We wish you "fair winds and a following sea," LCDR Manley!



**CAPT Zimble presents Brad with his Retirement Certificate**



**... and the Meritorious Civilian Service Award**

Mr. Bradley P. Caswell, NRMCM's facility Manager, retired on 22 August. Brad was awarded the Meritorious Civilian Service Award for thirty-one years of sustained superior performance and dedication in support of the mission of this medical center. All of the NRMCM staff, civilian and military, salute you, Brad, for having served us with such distinction!

**Noted for excellence -****August inspection**

LCDR L. M. Julia	HM1 G. G. Milano
LT E. A. Niec	HM2 S. E. MacDonald
LT E. McCorvey	HM2 S. L. Naoum
ENS M. C. Leorza	HM3 D. M. Morris
HM1 W. Trimble	HM3 S. J. Miller
HM1 E. E. Manley	HN M. W. Lawrence
HM1 J. R. Jones	

**We're sorry you're leaving!**

LCDR E. E. Manley, Jr., MSC, to civilian life  
 LCDR J. E. Norman, NC, to NavSta Keflavik  
 LT Y. M. Garcia, NC, to civilian life  
 LT M. Barrera, NC, to civilian life  
 LT W. Doe, MSC, to USS NASSAU (LHA-4)  
 HM3 C. McNeil to civilian life  
 HM2 R. N. Joppy to civilian life  
 HM3 A. L. Scoggins to AHS, Fort Sam Houston  
 HM3 G. M. Provost to NARMC Pensacola  
 HM3 J. Moore to NRMC Yokosuka

**Whoooizzit???**

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

**We're glad you're here!**

CAPT J. C. Pellosie, MC, from civilian status  
 CDR M. E. Golembieski, MC, from NavHosp Patuxent River  
 CDR M. P. Troseth, NC, from NavSta Keflavik  
 LCDR C. B. Lane, MSC, from NavHosp Patuxent River  
 LT I. J. Schneider, MC, from civilian status  
 LT S. J. Zorn, MSC, from civilian status  
 CWO2 J. W. Vance, PA, from NRMC Yokosuka  
 HMC(SS) M. A. Lenaghen from Submarine Squadron Fifteen, Guam  
 HM1 S. L. Greenwood from USS ALBANY (CG-10)  
 HM1 R. Gutho from Naval Unit, Lowry AFB  
 HM2 R. R. Taylor, Jr., from NRMC Camp Pendleton  
 HM2 G. J. Stetler from Det B, 2nd FSSG, MCAS, Beaufort  
 HM3 R. M. Shy from NRMC Yokosuka  
 HM3 L. Barber from NRMC Yokosuka  
 HN S. M. Formanek from NSHS SDIEGO  
 HN M. E. Barnett from 3rd FSSG Okinawa  
 HN C. A. Fisher from HCS GLAKES  
 HN C. M. Fergerson from HCS GLAKES  
 HN J. Gloss from HCS GLAKES  
 HA M. Curry from NSHS SDIEGO  
 HA J. Ricks from HCS GLAKES  
 HR J. L. Lowder, II, from NSHS SDIEGO  
 HR R. W. Philbin from NSHS SDIEGO



**only 114 shopping days!**

**Vital Signs Staff**

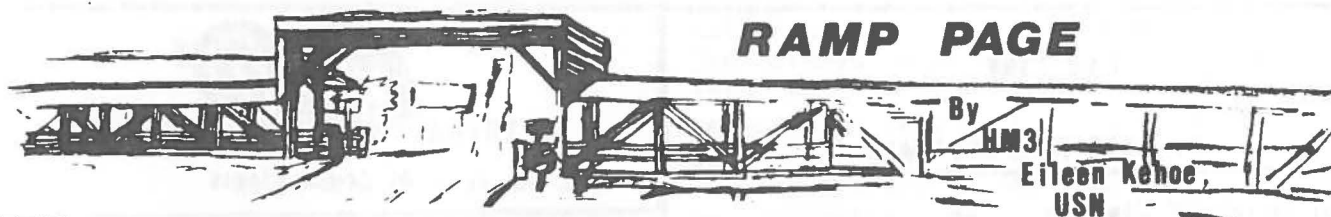
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## What about a military hospital run by civilians?



C. Davidson, Urology Clinic: When patients are treated at a military facility, it makes them feel like they are still a part of the military. It also gives them a sense of belonging. I do not think it would be acceptable to a true military person.



LT S. McMullen, Nursing Service: If people come into the military with the promise of complete medical and dental care and if we reach the point where the military staffing constraints interfere with this care, then I think we should go civilian.



HA C. Weaver, Nursing Service: Forget it!



William Walker, Food Service: I think it's a terrific idea because it would provide a more relaxed atmosphere.



HM2 R. Carr, OPD Admin: Civilians don't always realize the needs of the military patient; therefore, I think a civilian operated military hospital would lose military protocol and bearing.

## LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

Our Secretarial Staff

Volumes of correspondence, records, and reports support the technical work of the Laboratory Service. Our Secretarial Staff does a superb job coordinating many details and efficiently handling the administrative workload. We would like you to meet them.

Virginia Gilbrook has a total of 29 years of Federal Service. She came to the hospital in July 1968 when it still belonged to the Air Force and stayed on with the Navy as Secretary to the Chief of the Laboratory Service.



Virginia and her husband, Bill, have traveled extensively, courtesy of the U. S. Marine Corps, as Bill pursued his career. Bill, now retired, and Virginia are the proud parents of Michael, 23, and Mark, 21. Michael is working on his Master's Degree in Limnology at UCF and Mark is a Jet Engine Aircraft Mechanic with the Air Force at Nellis AFB, Nevada.

Ruth Graham has 32 years of Federal Service. She joined the staff of NRMCO Orlando in 1976. Her earlier assignments were in the Operating Management Service and Outpatient Dictation.



Ruth lives in Osceola County where her husband has a plant Nursery and orange grove. Her hobbies include reading, music, cross word puzzles and raising animals. Ruth replaced Lovey Tompkins, who left us for greener pastures after 6 years of faithful service to the Laboratory.



## FEDERAL WOMEN'S PROGRAM

By Joyce Sienia

for Carolyn Smith, NRMCO's FWPM

Captain's Call

The Captain's Call on 12 August for civilian employees had a good turn out and covered a wide range of questions.

"Ripped-off" asked about security in the new building for the personal effects of employees. Captain Zimble assured us that they have planned for "locked" lockers in some areas and desks that lock in the other areas.

"Learning the Ropes the Hard Way" asked about an orientation program for new civilian employees. An orientation program was discussed which would include a tour of the complex and a briefing as to the services and programs available. It was also mentioned that during the orientation, it would be an excellent and opportune time to have the new employee attend the impressive Recruit Graduation Review.

I would like to take this occasion to thank Captain Zimble for giving the civilians his honest and candid answers to some very touchy and difficult questions. I would also like to thank him for giving us the opportunity to "sound off" on how we feel about our working environment. I thought the letter from "Some Like It Hot But I Like It Cool" really told it like it is!!!!

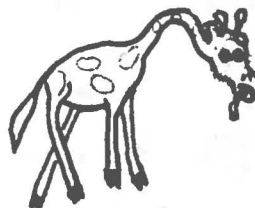
(Editor's Note: This last sentence could really be a clue..... see "Ask the Skipper" column, page 8.)

Smokers:even the longest filter

doesn't

help

much!





**NURSING****SERVICE**

By LT Greg Holeman, NC, USN

**Days gone by**

My grandmother was born in 1893 in the pine woods of deep, east Texas. Her family was poor and suffered many hardships in their struggle for survival. When she was very young, she married a bright young doctor. Not too many years later, he died prematurely and left her alone to care and provide for her small children. She sewed and washed for the more prosperous families in that small town and though she was poor, she never lost faith in God, herself or in other people.

I remember her old and faded when she moved into our "big house" in Houston. Her back was severely humped and crooked from the years of heavy labor. Some days, I sensed she felt very bad but she would never let on. Most days she made time to spend with me; a quiet, peaceful time. She'd tell me about the marvelous things she'd seen in her lifetime -- the first automobile, airplanes, electric lights, and skyscrapers. These things I took for granted -- she placed them in the category of miracles.

We talked about God and freedom and the wars in which she had lost family and friends. She was proud and thankful to be free and couldn't understand that members of the younger generation would actually wear the American Flag on the "seat of their britches" or that they were "afraid to fight for freedom and their country." I could tell that these things made her kind of sick inside..... she was that kind of American.

Some things seemed to happen a little too fast for that old lady from so many years ago. I don't think she ever really believed men actually walked on the moon. I feel sure she felt overwhelmed at times, but she never forgot how the people of this nation struggled, sacrificed, and

suffered for the privilege to be free. She always exercised her rights to worship as she "saw fit," to vote for the person she felt best for the job, and to act as a responsible citizen, concerned for the welfare of her country. She felt an obligation to God, her family and country and didn't sit back making excuses about her life, freeloading or refusing to participate because "no one was worth voting for."

If anyone could have made excuses and taken a non-participating role in this world, my grandmother certainly could have. Sometimes I wonder how some of us, so bright and knowledgeable, can rationalize our decisions not to. We really do have a lot to be thankful for and to be concerned about. Appreciate it and thanks, Grandma. I love you!

**CRA NOTES**

By Joyce Sienia

CRA BIRTHDAY GREETINGS TO: Carey Norman on 2 Sep; Robert Byrd on 3 Sep; Doreen Lett and Hannah Shavell on 4 Sep; Carl Caldwell on 5 Sep; Eloise Bailey on 7 Sep; Joel Lamar and Charles Moore on 8 Sep; Iris Aud and Patricia Barbour on 9 Sep; Helen Greene and Sarah Tober on 12 Sep; Virginia Gilbrook, Linda Rieger, and Ruth Strait on 13 Sep; Frederick Jones on 15 Sep; Marie Fox on 22 Sep; Jeanne Cepeda on 23 Sep; Eleanor Stetson on 24 Sep; Joyce Dover and Barbara Jacques on 25 Sep; Arrie Barnes and John Collins on 28 Sep; and Mary Goad and Geraldine Grzybek on 29 Sep.

The CRA would like to take this opportunity to extend a welcome aboard to our newest civilian staff members:

Brenda Gore, Fiscal and Supply; Helen Greene, Geraldine Grzybek, Juliana Wilson, and Ethel Hendrix, who are all assigned to Nursing Service.



## Chaplain's Comments

Guest contributor:

**CDR W. R. Keim, CHC, USNR-R**

### Why am I afraid to tell you who I am?

If I am anything as a person, it is what I think, judge, feel, value, honor, esteem, love, hate, fear, desire, hope for, believe in, and am committed to, which are constantly in process of change. Scars, inner fears, and pains block the way to self-communication on which love is built. Defenses are used to protect ourselves from vulnerability, and tend to form patterns of action and reaction. These patterns eventually become so self-deceptive that we forfeit all sense of identity and integrity. We act "roles," wear "masks," and play "games."

Our games in particular are designed to protect us from being hurt and help us to win some little trophy for our egos. We send out our "Pity Signals" in the sound of our voices and in the expressions on our faces.

Sometimes the perpetual child marries the Messiah, the one who insists on wanting to save others at all times, and they make a beautiful lifelong game of it together, so neither of them will ever have to grow up.

When the process of personhood is stifled, there will be need for those artificially induced but short-lived stimuli, without benefit of faith in God or need for his guidance, called "Kicks," "Hangups" or short "Trips," i.e. little attempts to run away from life.

The real meaning of authenticity as a person is that I have to be free and able to say my thoughts to you, to tell you about my judgments and values, to expose you to my fears and frustrations, to admit to my failures, guilt feelings, and shames, to share my triumphs, achievements, before I can really be sure what it is that I am and can become with God's help.

## *... From the other side!*

**By HMC L. Houseworth, USN**

### RTC Medical Coordinator



**SHCS Robert A. Hair**

The RTC Medical Coordinator, SHCS Robert A. Hair, acts as a liaison between the Recruit Training Command and the NRMCA Annex Staff. Senior Chief Hair is readily available to answer questions pertaining to recruits or RTC policies. He provides assistance in resolving complaints or problems concerning medical treatment, appointments and recruit discipline.

Senior Chief Hair also indoctrinates new company commanders on medical policies for recruits. This indoctrination includes, but is not limited to, sick call procedures, medical priorities during training and immunizations. He also coordinates changes in the sick call routine with the Recruit Training Command.

Upon individual request by interested staff members, Senior Chief Hair will arrange for a tour of the Recruit Training Command and answer questions regarding recruit training. This tour is very informative and provides insight and a better understanding of the environment that the recruits are in during training.

Staff members needing the assistance of Senior Chief Hair should call X4791. His office is located on the first floor of Building 246.



## **Master Shipwreck salutes our *FOUR* new HMC's**

By HMCM(SS) R. C. Clements, USN, C/MC

What a day for celebration when you see four of our shipmates don the uniform of the Chief Petty Officer of the United States Navy! That's enough to pop the buttons right off my shirt.

Do you realize that there's no other armed force in the whole world which bestows comparable privileges and responsibilities that the United States Navy bestows on it's Chief Petty Officers! As you watch HMC Joseph J. Daco, HMC Randolph A. Griswold, HMC Joel A. Harmon, and HMC David G. Rich, proudly wear their Chief's uniform and assume, with confidence, their special responsibilities, you might try to visualize how YOU would look and act as a Chief Petty Officer.

How did they get there anyway? The road they traveled from Recruit to Chief Petty Officer was paved with a lot of hard work, dedication, study, a willingness to help others, a willingness to learn, and an eagerness to develop their tools of leadership. To be selected for CPO does not happen overnight. If you are a young petty officer aspiring to become a CPO, start now! Establish that goal and the objectives to fulfill that goal.

What are you doing about getting ready for your next advancement? Are your required courses completed and entered in your service record? How about doing some extras.... on a subject that will be beneficial to you as a petty officer, as a knowledgeable corpsman, and as a practitioner in health care delivery and human relations.

The kind of marks you receive on your evaluations play an important role in your Naval career. Look at your last set of marks.... do you see room for improvement? What about that performance grade? Did you really put forth your best effort? Do you demonstrate to your supervisor that you can work independently of supervision, seek additional responsibil-



**HMC Daco**



**HMC Harmon**



**HMC Griswold**



**HMC Rich**

ity, and initiate solutions to problems of your own volition? Do you insure that your shoes are shined, that your uniform is neat and that you meet Navy grooming standards? And how about adaptability? Can you get along with your shipmates on the job? Do you help morale? Do you go out of your way to help your shipmates willingly and cheerfully? Do you contribute to Command functions and mission?

So what's the tie-in between evaluations and being promoted to CPO? Well, there is a lot more to making Chief besides passing the test. First of all, you must pass with a high enough mark to get your record before the Selection Board. When the Selection Board starts going thru your record, they are going to be looking at ALL the evaluations in your record. So you see, every single evaluation you receive plays an important role in your entire Naval career. One of the main criteria used by the last CPO Selection Board was sustained superior performance. So as you make your way up the ladder, work hard. The rewards are great! Just as the new Chiefs! Our congratulations to our new Chiefs: HMC Daco, HMC Harmon, HMC Griswold, and HMC Rich!



## ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

"When you're hot, you're hot!..."

Dear Captain Zimble:

It is the consensus that the air-conditioners in our decrepit old buildings should be followed in the Chronic Care Clinic.

Our 21st century technology has victimized our bodies to the point that our brains fog up and our bodies cease to function unless we hear the whirl of the condenser and the hum of the humidifier.

Not being of the pioneer spirit, I find it difficult to the point of an almost impossibility to make decisions and effectively communicate with other people when my biggest concern is making a paper fan from a crisp new NRMC Instruction.

I am sitting here, with sweat dripping on my paper, and thinking of my dog at home relaxing in a cool air-conditioned house, and my temperature begins to rise. My temperature is rising not only because it is 90 degrees plus in the office but, if I'm not tough enough to beat the heat, I have to use my sick leave to go home. Now, THAT'S INCREDIBLE!

Signed,

Some Like It Hot  
But I Like It Cool

Dear "Some Like It Hot But I Like It Cool:"

Thank you for your input to our last Captain's Call for civilian employees. I have taken the liberty of using this column to share your feelings with other members of our staff.

Your literary style is superb. I promise you full amnesty for your severe criticism and harsh denunciation of our

stalwart, albeit senile, climate control equipment, were you to come forward, identify yourself and contribute regularly to Vital Signs!

I ardently admire the style; I reluctantly acknowledge the content. Our problem, of course, is the ongoing delay in occupying the new replacement hospital which is designed for and equipped with 21st century technology. I am amazed, distressed and truly frustrated by the significant time which has elapsed while waiting for an almost completed structure to be completed.

I regret the significant discomfort to patients and staff which has resulted from the terminal agonies of our 19th century machinery. Were it not for the skilled expertise of Mr. William E. (Strick) Strickland, our AC's would have given up a long time ago. With the use of glue, baling wire, and technical know-how, "Strick" has coaxed our ancient coolers to keep on whirling and condensing long past their retirement date.

So while we are waiting to move into the coooooool comfort of our new building, try not to let your frustrations build to fiery anger which would result in an additional heat source, further burdening our air conditioning.

Keep cool -- we're almost there!

### Whooolizzit?



It's Doris Villar, Secretary to the Chief, Operating Management Service. Doris has been a NRMC employee since September, 1973. Doris has a total of 18½ years Federal Service. Doris and her husband, Fred, have two children: a married daughter, Diane, and son Rick, age 21. Diane's husband, HM1 L.E. Mullis, will be reporting to NRMC for duty in October. Doris and Fred have the rare distinction of being native Floridians!